

Thought for the day – Thursday 9th September 2021

By Revd Kit Gunasekera

Joy



I love this picture Rosemarie sent of Lily expressing great joy at being given a frozen carrot! Dogs have a wonderful capacity to express joy, we often see it in their boundless leaping and running on the common, as they play and give chase!

Nehemiah 8:10 says that "The joy of the Lord is your strength"

Joy is different from happiness, which fluctuates, depending on what is happening to us. Joy is something more deeper and a consistent attitude, an inner focus, shaped by what is good and life giving and enriching. Romans 15:13 says: May the God of hope fill you with all joy and peace **as you trust in him...**

Giving thanks daily for all that we have and have experienced, however large or small, including frozen vegetables, is an important exercise which cultivates this trust in God. We often do that during morning and night prayer.

So today, May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit